

NASA-LaRC October 1996 Safety News

A Publication of the Office of Safety, Environment and Mission Assurance (OSEMA)

Turn It Back and Check It Out--Clocks and Smoke Detectors

Now that school has started, and the cool breezes are starting to blow we have a couple jobs to do. We will be turning the clocks back an hour this month and this is also a good time to replace the batteries in our smoke detectors. Another thing that should be done is change the batteries in that emergency flashlight you have hidden somewhere in the house.

Although many American households have at least one smoke detector, as many as half are not working because the batteries are old or missing. Fire safety experts say that maintaining smoke detectors and flashlights are two of the least expensive, but most effective ways to reduce fire deaths and injuries.

It is sad when you hear of a family that dies in a fire and the investigation finds that the smoke detector either was missing the battery or the battery was no good. A working smoke detector can double your chances of surviving a fire by providing critical early warning and escape time. Working flashlights can save lives because they help fire victims escape through disorienting smoke and darkness. A flashlight is also needed during those power outages and to signal for help.

Mark your calendar so that you remember to change your smoke detector and flashlight batteries when you turn BACK your clocks.

Halloween Safety

October is also the time when the little ghost and goblins hit the streets. This is a time that we need to be on the lookout for the children when we are driving. As you may remember, the only thing you are concerned about when trick or treating is making a beeline for the closest house. It doesn't matter if the house is across the street or right next door, it's full speed ahead. So be extra careful when driving on Halloween in our neighborhoods. Another thing that is a concern at this time is the safety of the kids collecting all these goodies. A few safety tips are:

- Stay in well lit areas.

- Check your childrens' treats for foreign objects.

- Always carry a flashlight.

- Never let a child go out alone.

- If the children are in a group, have limits as to how far they travel from home.

- Make sure that your children are of the age to trick or treat and that they abide by the time frame allowed.

Basic Lifting Reminder

During ones career many of us will have a back problem that may cause us to lose time from work. The following is a five-step guideline that may help prevent back injuries.

Squat close to the object. Keep your back nearly vertical.

Pass the object between your knees if possible, otherwise, bend to lift it.

Get a secure grip with both hands. Lift with your legs. Hold the object close to your body and watch where you step.

Turn with your feet. Don't twist your back.

Set the object down smoothly. Keep your back as straight as possible.

Lock Out / Tag Out

One of the key elements of the LaRC Safety program is our Safety Clearance Procedure (RED TAG) defined in LHB 1710.10. This is the way we assure the safety of personnel and equipment. Safety Operators with current cards are the only personnel trained and authorized to either install or remove a Red Tag. Strict adherence to the Red Tag procedures is mandatory since unauthorized removal of the tag, operation of equipment bearing a Red Tag, can potentially lead to the death or serious injury of workers. If you are a Safety Operator, make sure your card is current. To hang a card with an expired Safety Operator's card is a violation of LaRC regulations.

Safety Training Classes

Just a reminder that the following safety training classes are available to be presented for you at your safety meetings.

Confined Spaces (permit required)
Personal Protective Equipment (PPE)
Ergonomics (Office or Industrial)
Material Safety Data Sheets (MSDS)
Heat Stress
Cryogenics
Coming soon "Chemical Safety"

If you would like to setup a class contact your supervisor and he can schedule by contacting Butch Jones at 48743.